

# Experiencing PTSD



Call First Sun at  
**800-968-8143**  
or visit  
[www.firstsuneap.com](http://www.firstsuneap.com)

## Post-traumatic Stress Disorder (PTSD)

If you've been through a traumatic event or are having trouble managing it, you may be experiencing PTSD.

There are many ways to treat PTSD, and counseling is one of the most effective forms. Your counselor can help you learn new methods to cope with your experiences. Call us to get connected with a counselor.

### Symptoms of PTSD:

- Intense memories of trauma
- Nightmares
- Feeling worried, fearful, anxious or suspicious
- Trouble falling or staying asleep
- Burst of anger or irritation
- Loss of interest in activities

*First Sun EAP services are made available to you and your family members by your employer. You can use the services whether or not you have chosen to participate in an employer health plan.*

*All counseling services are confidential in compliance with the law.*

First Sun EAP Counselors are available 24/7/365 at 800-968-8143.

Employee  
& Family

Member Services